

Handout for Session 11: Recommended Skills for Problem Behaviors

Problem Behavior	Parent Responses
Back Talk, arguing	Planned Ignoring Attending to and praising the positive opposite behavior of talking calmly and respectfully Prompting speaking respectfully Mindfulness Role modeling I-messages Logical consequences Time out
Bed time problems	Prompting Attending to and praising the positive opposite behavior of going to bed appropriately Point system
Not doing chores	Prompting Giving clear and specific instructions Attending to and praising the positive opposite behavior Point system Logical consequences: give a choice of assigning a second chore or losing a privilege
Cleanliness problems	Prompting Attending to and praising the positive opposite behavior Point system
Disobeying curfew	Attending to and praising the positive opposite behavior Point system Logical consequences
Dawdling, not getting ready on time	Attending to and praising the positive opposite behavior Point system
Physical aggression	Point system Logical consequences

Problem Behavior

Parent Responses

School Problems

Active Listening to child
Monitoring
Increasing parent teacher communication
Attending to and praising the positive opposite behavior
Point system
Parent participating in homework (Prompting)

Property destruction

Make restitution
Logical consequences

Running away

Prompting
Giving clear and specific instructions
Attending to and praising the positive opposite behavior
Point system
Logical consequences: give a choice of assigning a second chore or losing a privilege

Stealing

Making restitution
Logical consequences

Lying

Logical consequences
Time out

Tantrums

Attending to and praising the positive opposite
Planned ignoring
Mindfulness and role modeling
Point system
Time outs

Skipping school

Increasing parent teacher communication
Monitoring peer influences (increased communication with peer's parents
Logical consequences

Whining, badgering, crying

Planned ignoring
Attending to and praising the positive opposite

Pouting

Planned ignoring
Attending to and praising the positive opposite